

NOTE:
Please read all instructions
carefully before using this
product

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Model
SB 210

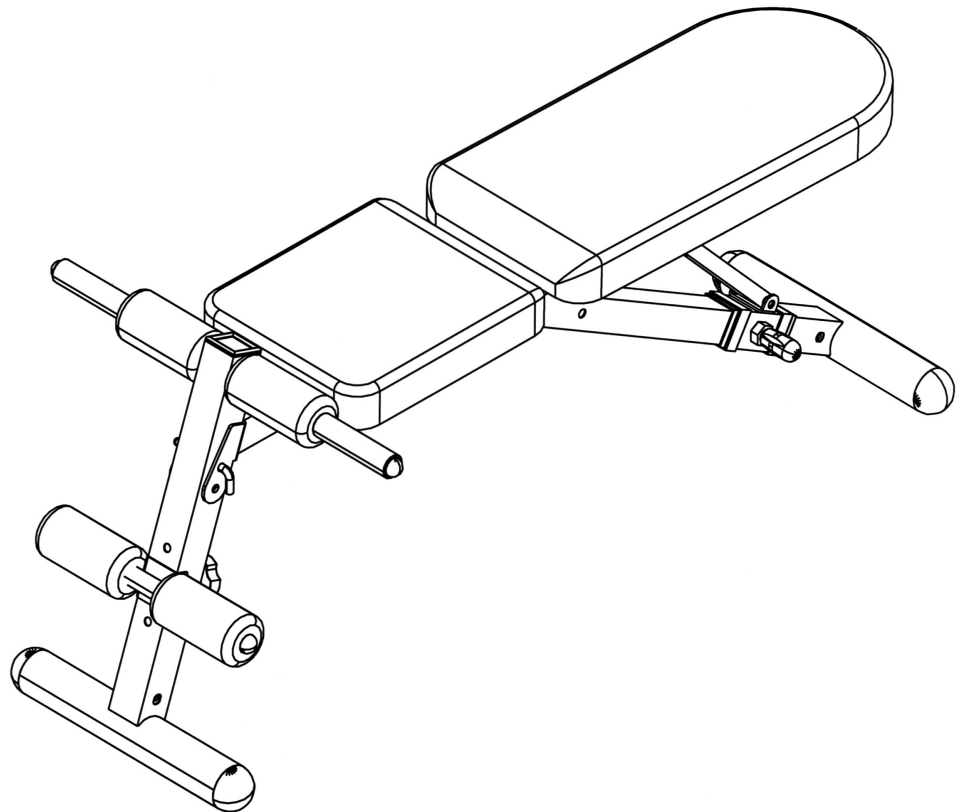
Retain This
Manual for
Reference

05-21-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

POWERHOUSE Multi Purpose Bench SB 210



IMPEx FITNESS PRODUCTS
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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE SB-210 Multi-Purpose Bench by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

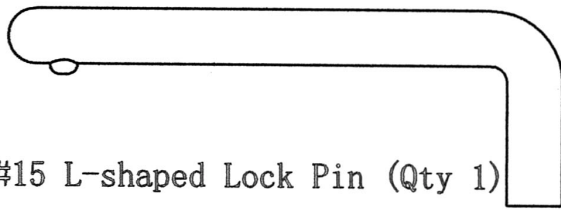
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

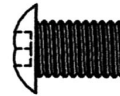
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

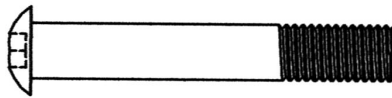
HARDWARE PACK



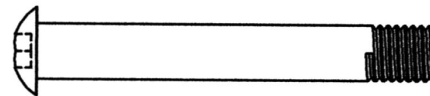
#15 L-shaped Lock Pin (Qty 1)



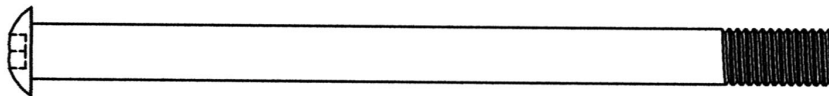
#24 M10 x 5/8" Allen Bolt
(Qty 4)



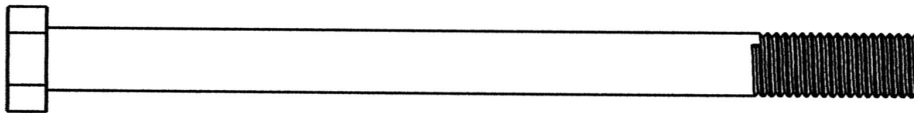
#25 M10 x 2 1/2" Allen Bolt
(Qty 2)



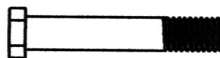
#26 M10 x 2 7/8" Allen Bolt
(Qty 2)



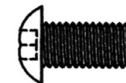
#27 M10 x 5 3/4" Allen Bolt (Qty 1)



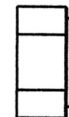
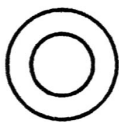
#28 M12 x 6 7/8" Hex Bolt (Qty 1)



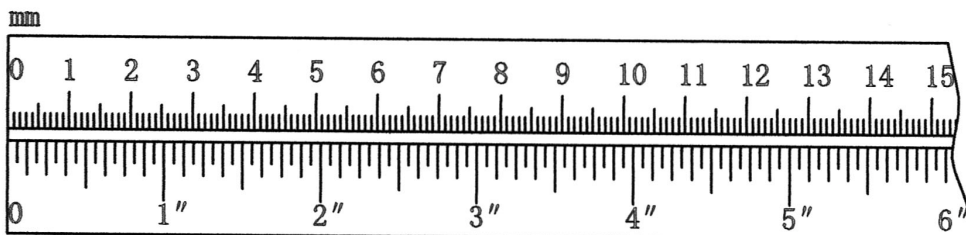
#29 M6 x 1 3/8" Hex Bolt
(Qty 4)



#30 M8 x 5/8" Allen Bolt
(Qty 4)



#31 $\text{\O} 3/4"$ Washer (Qty 14) #32 $\text{\O} 5/8"$ Washer (Qty 4) #33 $\text{\O} 1/2"$ Washer (Qty 4) #34 M10 Nut (Qty 5) #35 M12 Nut (Qty 1)



ASSEMBLY INSTRUCTION

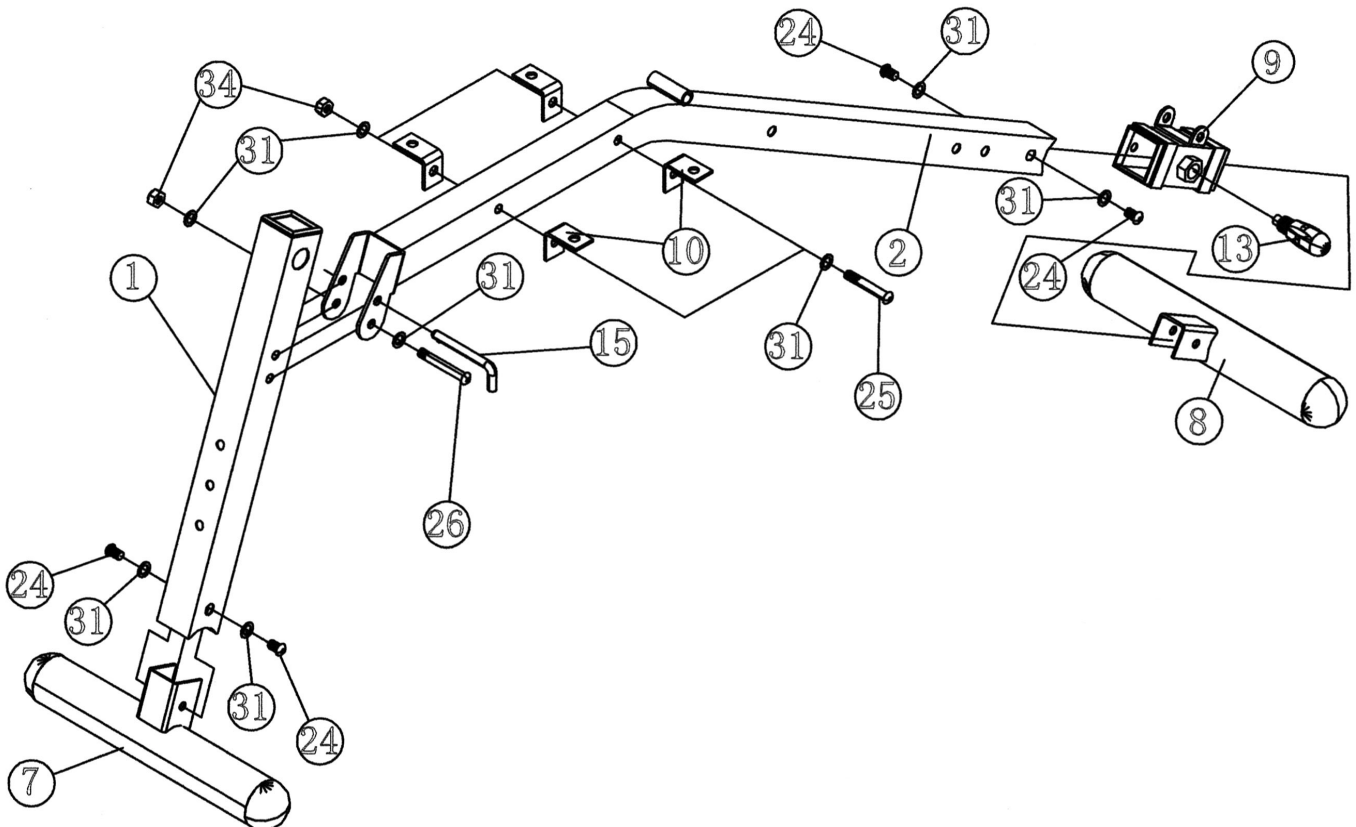
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Slide the Sliding Block (#9) onto the Main Frame (#2) and secure it with a Quick Release Knob (#13).
- B.) Attach the Rear Stabilizer (#8) to the Main Frame (#2). Secure it with two M10 x 5/8" Allen Bolts (#24) and $\text{\O} \frac{3}{4}$ " Washers (#31).
- C.) Attach the Front Stabilizer (#7) to the Front Vertical Frame (#1). Secure it with two M10 x 5/8" Allen Bolts (#24) and $\text{\O} \frac{3}{4}$ " Washers (#31).
- D.) Attach the Main Frame (#2) to the Front Vertical Frame (#1). Secure it with a M10 x 2 7/8" Allen Bolt (#26), two $\text{\O} \frac{3}{4}$ " Washers (#31), and one M10 Aircraft Nut (#34) to the lower hole.
NOTE: DO NOT over tighten the bolt. The joint needs to swivel in able to fold the bench for storage. Insert a L-shaped Lock Pin (#15) to the upper hole.
- E.) Attach two L-shaped Brackets (#10) to each side of Main Frame. Secure the brackets with two M10 x 2 1/2" Allen Bolts (#25), four $\text{\O} \frac{3}{4}$ " Washers (#31), and two M10 Aircraft Nuts (#34). Do not tighten the nuts and bolts yet. After installing the seat pad, then come back to this step to tighten the nuts and bolts.

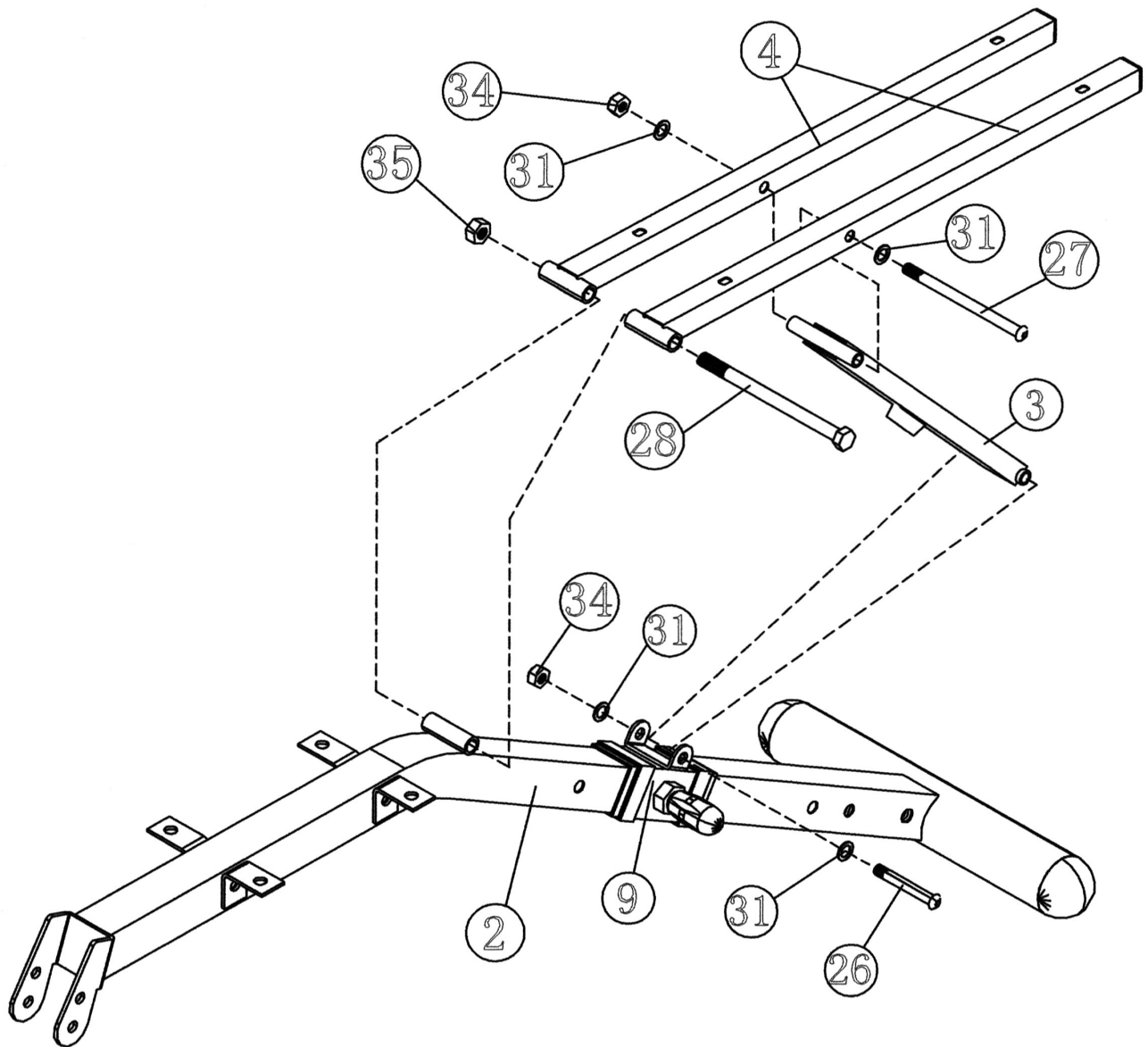
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the holed-side of the Backrest Supports (#4) to both ends of the Pivot on the Main Frame (#2). Secure it with one M12 x 6 7/8" Hex Bolt (#28) and M12 Aircraft Nut (#35).
- B.) Attach the Incline Support (#3) in between the Backrest Supports (#4). Secure it with a M10 x 5 3/4" Allen Bolt, two Ø3/4" Washers (#31) and one M10 Aircraft Nut (#34).
- C.) Attach the Incline Support (#3) to the bracket on the Sliding Block (#9). Secure it with a M10 x 2 7/8" Allen Bolt (#26), two Ø 3/4" Washers (#31), and one M10 Aircraft Nut (#34).

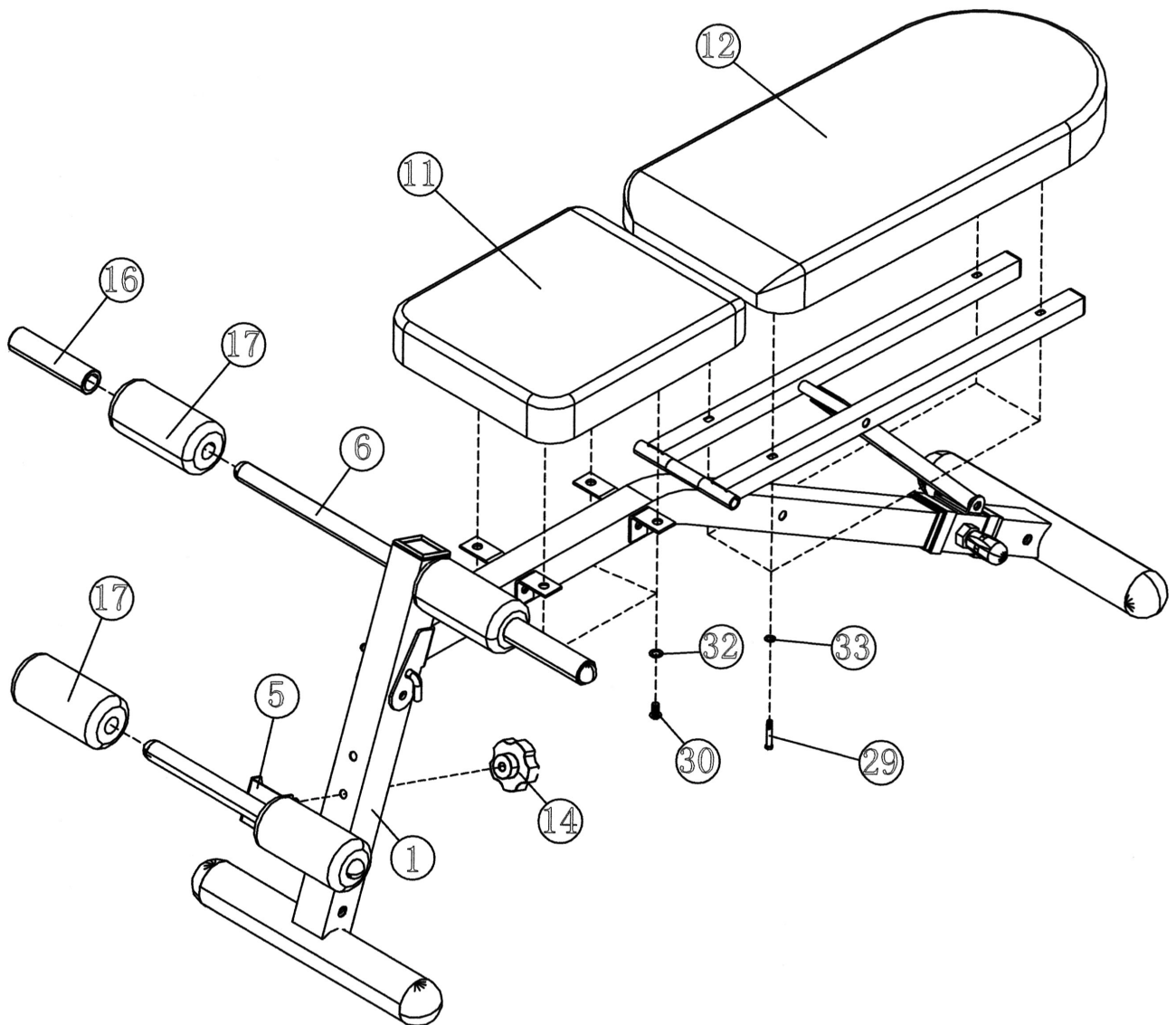
DIAGRAM 2



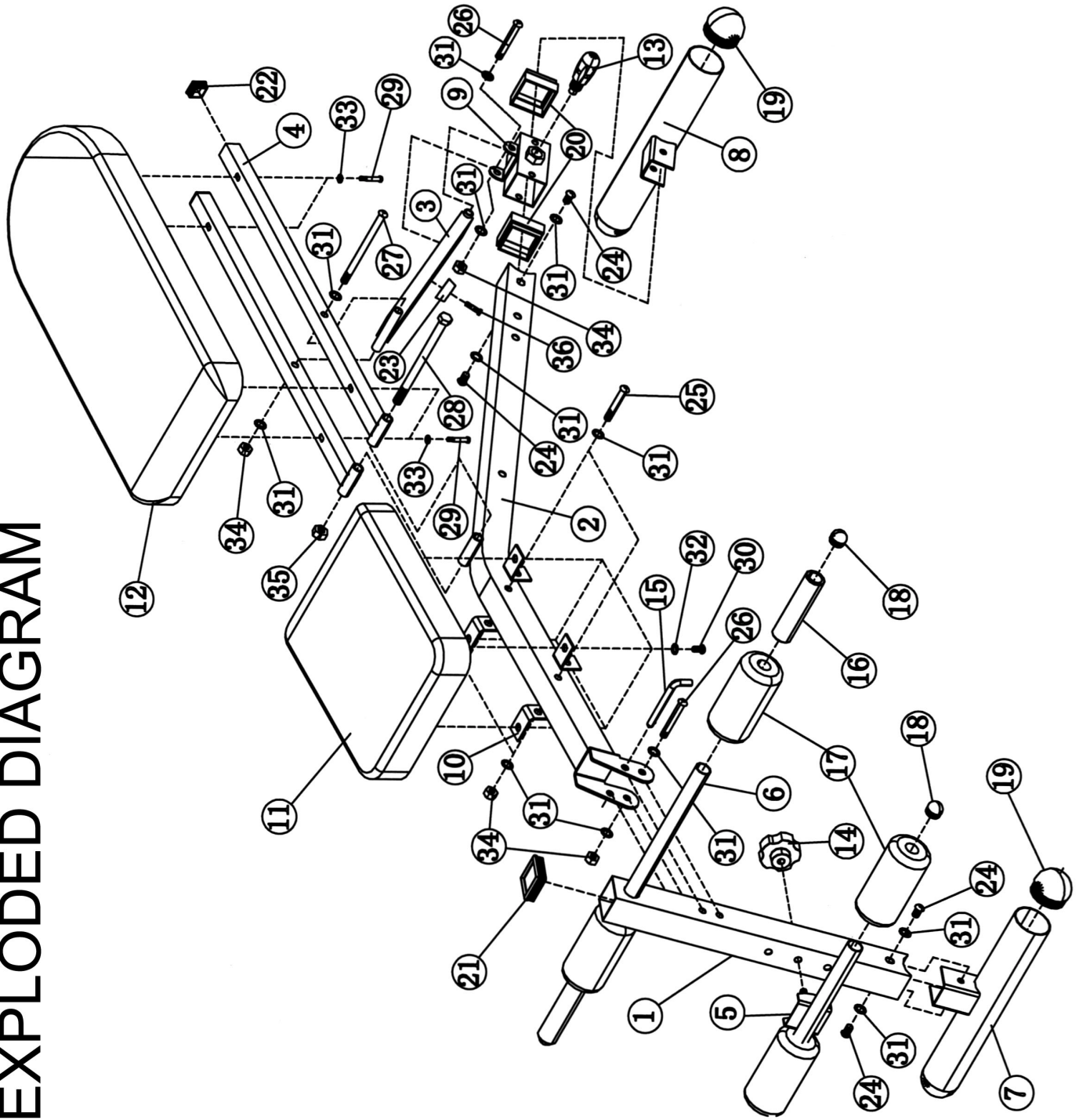
STEP 3 (See Diagram3)

- A.) Place the Seat (#11) onto the Main Frame (#2). Secure it with four M8 x 5/8" Allen Bolts (#30) and \varnothing 5/8" Washers (#32).
- B.) Place the Backrest Board (#12) onto the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#29) and \varnothing 1/2" Washers (#33).
- C.) Attach the Cross Tube (#5) to the Front Vertical Frame (#1). Secure it with a M10 Lock Knob (#14).
- D.) Insert the Foam Tube (#6) halfway through the hole on the Front Vertical Frame (#1). Push four Foam Rolls (#17) onto the Tubes. Lubricate the inside of the Foam Grips (#16) with water. Slide the Foam Grips onto the Foam Tube (#6) from both sides.

DIAGRAM 3



EXPLODED DIAGRAM



Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Front Vertical Frame	1
2	Main Frame	1
3	Incline Support	1
4	Backrest Support	2
5	Cross Tube	1
6	Foam Tube	1
7	Front Stabilizer	1
8	Rear Stabilizer	1
9	Sliding Block	1
10	L-shaped Bracket	4
11	Seat	1
12	Backrest Board	1
13	Quick Release Knob	1
14	M10 Lock Knob	1
15	L-shaped Lock Pin	1
16	Foam Grip	2
17	Foam Roll	4
18	Ø 1" End Cap	4
19	Ø 2 3/8" End Cap	4
20	Sliding Block Sleeve	2
21	2" Square End Cap	1
22	1" Square End Cap	2
23	Rubber Bumper	1
24	M10 x 5/8" Allen Bolt	4
25	M10 x 2 1/2" Allen Bolt	2
26	M10 x 2 7/8" Allen Bolt	2
27	M10 x 5 3/4" Allen Bolt	1
28	M12 x 6 7/8" Hex Bolt	1
29	M6 x 1 3/8" Hex Bolt	4
30	M8 x 5/8" Allen Bolt	4
31	Ø 3/4" Washer	14
32	Ø 5/8" Washer	4
33	Ø 1/2" Washer	4
34	M10 Aircraft Nut	5
35	M12 Aircraft Nut	1
36	M6 x 5/8" Philip Screw	1

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

IMPEX INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

www.impex-fitness.com
info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase